



MEDICAL BENEFITS COMPARISON SPREADSHEET

Effective Date: September 1, 2014

REMINDER: This is a general outline of medical benefits and not a guarantee of coverage or service. The information is presented in summary form and should be used for general comparison purposes only. Consult with either Regence or Group Health with specific questions. Provisions of the plan that are calculated on a calendar year basis are deductibles and Out of Pocket Maximums. Each January 1, those calendar year maximums begin again.

Regence Plan A Group # 10008695	Regence Plan B Group # 10008695	Group Health Alliant Plus Group #5910400
<p>PLAN DESCRIPTION</p> <p>The Regence Preferred Plan offers a wide choice of health care providers who have agreed to accept negotiated fees for their services to you, as well as providers who are not contracted with Regence BlueShield. Preferred Providers (PPO) are Category 1 and are paid at the highest level. Participating Providers (Par) are Category 2 and are paid at the second level of benefits. Category 3 Providers (Non Par) are not contracted and are also in the second level of benefits. Co-pays are waived for Category 3, as there may be balance billing. Regence Plan A does not require you to choose a Primary Care Provider (PCP) or to seek referrals for most services. Fees in addition to the deductible and coinsurance will be applied to specific imaging studies, inpatient surgery, and outpatient surgery. Plan A offers an enriched benefit for certain chronic conditions. Some treatments for depression, asthma, Chronic Obstructive Pulmonary Disease (COPD), Congestive Heart Failure (CHF), Coronary Artery Disease (CAD) and diabetes are covered at 100% with a waived deductible when using a Category 1 provider. Specifically: eye exams for diabetes; spirometry for diagnosis of COPD and asthma; specific outpatient labs/imaging for asthma, COPD, CHF, CAD, and diabetes. Additionally, some generic medications for asthma, diabetes, CAD, COPD, CHF, and depression have no co-pay. Some brand formulary insulin and diabetic supplies also have no co-pay.</p>	<p>PLAN DESCRIPTION</p> <p>The Regence Preferred Plan offers a wide choice of health care providers who have agreed to accept negotiated fees for their services to you, as well as providers who are not contracted with Regence BlueShield. Preferred Providers (PPO) are Category 1 and are paid at the highest level. Participating Providers (Par) are Category 2 and are paid at the second level of benefits. Category 3 Providers (Non Par) are not contracted and are also in the second level of benefits. Co-pays are waived for Category 3, as there may be balance billing. Plan B does not require you to choose a Primary Care Provider (PCP) or to seek referrals for most services. Fees in addition to the deductible and coinsurance will be applied to specific imaging studies, inpatient surgery, and outpatient surgery.</p>	<p>PLAN DESCRIPTION</p> <p>The Group Health Alliant Plus Plan provides comprehensive health care services. To receive in-network benefits, participants must select a clinic and/or a Primary Care Provider (PCP) from the provider list. Providers include Group Health doctors at Group Health medical centers, Group Health contracted providers in the community, Virginia Mason and Everett Clinic medical centers, plus out-of-network coverage. Referrals are necessary for some services. Please consult your PCP or Group Health Member Services for more information.</p>

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PLAN INFORMATION www.wa.regence.com Customer Service Number: 1-866-219-4116	PLAN INFORMATION www.wa.regence.com Customer Service Number: 1-866-219-4116	PLAN INFORMATION www.ghc.org Customer Service Number: 1- 888-901-4636
PHYSICIANS Category 1 & 2 (PPO and Par): You will not be billed for balances beyond any deductible, co-payment, and/or co-insurance for covered services Category 3 (Non Par): You may be billed for balances beyond any deductible and/or co-insurance	PHYSICIANS Category 1 & 2 (PPO and Par): You will not be billed for balances beyond any deductible, co-payment, and/or co-insurance for covered services Category 3 (Non Par): You may be billed for balances beyond any deductible and/or co-insurance	PHYSICIANS You may choose a primary care provider at Group Health medical centers, Group Health contracted providers, The Everett Clinic, or Virginia Mason. You can also use any outside network physician at the out of network benefit level; see EXTENDED/OUTSIDE NETWORK BENEFITS
ALTERNATIVE HEALTH CARE PROVIDERS Naturopaths covered same as physician services. Massage therapy incorporated in existing rehabilitation benefits for physical therapy treatment. Massage treatments at a spa are not a covered benefit. Acupuncture covered 12 visits per year. If for chemical dependency, covered the same as chemical dependency benefits. Not covered for smoking cessation.	ALTERNATIVE HEALTH CARE PROVIDERS Naturopaths covered same as physician services. Massage therapy incorporated in existing rehabilitation benefits for physical therapy treatment. Massage treatments at a spa are not a covered benefit. Acupuncture covered 12 visits per year. If for chemical dependency, covered the same as chemical dependency benefits. Not covered for smoking cessation.	ALTERNATIVE HEALTH CARE PROVIDERS Inside Network: Subject to co-pay Outside Network: \$20 co-pay, deductible and co-insurance apply. Self-referral to contracted naturopathic providers for 3 visits per condition, per calendar year. Self-referral to contracted acupuncturist for 8 visits per diagnosis, per calendar year.
EXTENDED/OUTSIDE NETWORK BENEFITS Outside Service Area: Benefits are the same regardless of your geographic location. To receive the highest benefit level, members must utilize the local Blue Cross/Blue Shield providers.	EXTENDED/OUTSIDE NETWORK BENEFITS Outside Service Area: Benefits are the same regardless of your geographic location. To receive the highest benefit level, members must utilize the local Blue Cross/Blue Shield providers.	EXTENDED/OUTSIDE NETWORK BENEFITS You may choose an outside network physician without a referral if you are willing to pay a greater share of the costs.
DEDUCTIBLE \$300/person, \$600/couple, \$900/family (3+ people)	DEDUCTIBLE PPO & Par Providers: None Non Par: \$200/person, \$600/family	DEDUCTIBLE Inside Network: None Outside Network: \$200/person, \$300/family
OUT OF POCKET MAXIMUMS* \$1,100/person, \$2,500/family <i>Includes deductible</i>	OUT OF POCKET MAXIMUMS PPO & Par: \$2,500/person, \$7,500/family Non Par: \$10,200/person, \$30,600/family <i>Includes deductible</i>	OUT OF POCKET MAXIMUMS Inside Network: \$1,000/member, \$2,000/family Outside Network: \$2,200/member, \$4,300/family
PHYSICIAN OFFICE VISITS PPO: Covered at 90% after deductible Par: 70% after deductible Non Par: 70% after deductible	PHYSICIAN OFFICE VISITS PPO: \$30 co-pay, covered at 100% Par: \$30 co-pay, 70% Non Par: 70% after deductible	PHYSICIAN OFFICE VISITS Inside Network: \$20 co-pay, covered at 100% Outside Network: \$20 co-pay, 80% after deductible
INPATIENT HOSPITAL PPO: Covered at 90% after deductible Par: 70% after deductible Non Par: 70% after deductible	INPATIENT HOSPITAL PPO: Covered at 100% Par: 70% Non Par: 70% after deductible	INPATIENT HOSPITAL Inside Network: Covered at 100% Outside Network: 80% after deductible

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OUTPATIENT HOSPITAL PPO: Covered at 90% after deductible Par: 70% after deductible Non Par: 70% after deductible	OUTPATIENT HOSPITAL PPO: Covered at 100% Par: 70% Non Par: 70% after deductible	OUTPATIENT HOSPITAL Inside Network: \$20 co-pay, covered at 100% Outside Network: \$20 co-pay, 80% after deductible
SURGERY ANESTHESIA PPO: Covered at 90% after deductible Par: 70% after deductible Non Par: 70% after deductible	SURGERY ANESTHESIA PPO: Covered at 100% Par: 70% Non Par: 70% after deductible	SURGERY ANESTHESIA Inside Network: Covered at 100% Outside Network: 80% after deductible
HOME HEALTH VISITS <i>Limited to 130 visits per year</i> Covered at 90% after deductible	HOME HEALTH VISITS <i>Limited to 130 visits per year</i> PPO: Covered at 100% Par: 70% Non Par: 70% after deductible	HOME HEALTH VISITS Inside Network: Covered within Options Network when prescribed as medically necessary by an Options Network Provider
HEARING EXAMS Not covered	HEARING EXAMS PPO: Covered at 100% Par: 70% Non Par: 70% after deductible	HEARING EXAMS Inside Network: \$20 co-pay, covered at 100% Outside Network: \$20 co-pay, 80% after deductible
EYE EXAMS Diabetic eye exams: PPO: Covered at 100%, deductible waived Par: & Non-Par: 70% after deductible Regular eye exams: Not covered - Refer to REGENE VISION PLAN	EYE EXAMS Not covered - Refer to REGENE VISION PLAN	EYE EXAMS Inside Network: \$20 co-pay, covered at 100% Outside Network: Not covered
PREVENTATIVE CARE EXAMS <ul style="list-style-type: none"> Preventive care services include routine well-baby care, routine physical examinations, routine well-women's care, routine immunizations and routine health screenings Provider counseling for tobacco use cessation Women's contraceptive methods, sterilization procedures, and patient education and counseling services in accordance with any frequency guidelines according to, and as recommended by HRSA Certain services such as screening for gestational diabetes, breast feeding support, supplies and counseling. PPO: Covered at 100%, not subject to deductible Par: 100%, not subject to deductible Non Par: 70% after deductible	PREVENTATIVE CARE EXAMS <ul style="list-style-type: none"> Preventive care services include routine well-baby care, routine physical examinations, routine well-women's care, routine immunizations and routine health screenings Provider counseling for tobacco use cessation Women's contraceptive methods, sterilization procedures, and patient education and counseling services in accordance with any frequency guidelines according to, and as recommended by HRSA Certain services such as screening for gestational diabetes, breast feeding support, supplies and counseling. PPO: Covered at 100% Par: 100% Non Par: 70% after deductible	PREVENTATIVE CARE EXAMS Follows federal health reform guidelines. Inside Network: Covered at 100% Outside Network: 100%, not subject to deductible Women's preventive care services (including contraceptive drugs and devices and sterilization) are covered in full.

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WELL CHILDCARE See PREVENTATIVE CARE EXAMS	WELL CHILDCARE See PREVENTATIVE CARE EXAMS	WELL CHILDCARE See PREVENTATIVE CARE EXAMS
IMMUNIZATIONS See PREVENTATIVE CARE EXAMS	IMMUNIZATIONS See PREVENTATIVE CARE EXAMS	IMMUNIZATIONS See PREVENTATIVE CARE EXAMS
GYNECOLOGICAL EXAMS See PREVENTATIVE CARE EXAMS	GYNECOLOGICAL EXAMS See PREVENTATIVE CARE EXAMS	GYNECOLOGICAL EXAMS See PREVENTATIVE CARE EXAMS
HOSPITAL SERVICES (ROOM, BOARD, ETC) PPO: Covered at 90% after deductible Par: 70% after deductible Non Par: 70% after deductible	HOSPITAL SERVICES (ROOM, BOARD, ETC) PPO: Covered at 100% Par: 70% Non Par: 70% after deductible	HOSPITAL SERVICES (ROOM, BOARD, ETC) Inside Network: Covered at 100% Outside Network: 80% after deductible
INTENSIVE CARE PPO: Covered at 90% after deductible Par: 70% after deductible Non Par: 70% after deductible	INTENSIVE CARE PPO: Covered at 100% Par: 70% Non Par: 70% after deductible	INTENSIVE CARE Inside Network: Covered at 100% Outside Network: 80% after deductible
OUTPATIENT SURGERY PPO: Covered at 90% after deductible Par: 70% after deductible Non Par: 70% after deductible The following inpatient and outpatient surgeries have a \$300 co-pay in addition to co-insurance and deductible: breast reduction for medically necessary purposes, eye lid surgery, varicose vein surgery, joint replacement surgeries (hips & knees), lumbar surgery for low back pain, nasal surgery (rhinoplasty, septoplasty, turbinates), podiatric surgery (hammer toes and bunions), transurethral resection of the prostate (TURP) and vasectomy. The co-pay is applied to the surgeon's bill.	OUTPATIENT SURGERY PPO: Covered at 100% Par: 70% Non Par: 70% after deductible The following inpatient and outpatient surgeries have a \$300 co-pay in addition to co-insurance and deductible: breast reduction for medically necessary purposes, eye lid surgery, varicose vein surgery, joint replacement surgeries (hips & knees), lumbar surgery for low back pain, nasal surgery (rhinoplasty, septoplasty, turbinates), podiatric surgery (hammer toes and bunions), transurethral resection of the prostate (TURP) and vasectomy.. The co-pay is applied to the surgeon's bill.	OUTPATIENT SURGERY Inside Network: \$20 co-pay, covered at 100% Outside Network: \$20 co-pay, 80% after deductible
EMERGENCY CARE <i>\$200 co-pay waived if admitted</i> PPO: \$200 co-pay, covered at 90% after deductible Par: \$200 co-pay, 90% after deductible Non Par: \$200 co-pay, 90% after deductible	EMERGENCY CARE <i>\$200 co-pay waived if admitted</i> PPO: \$200 co-pay, covered at 100% Par: \$200 co-pay, 100% Non Par: \$200 co-pay, 100% after deductible	EMERGENCY CARE <i>\$200 co-pay waived if admitted</i>

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OUT OF AREA BENEFITS PPO: Covered at 90% after deductible Par: 70% after deductible Non Par: 70% after deductible	OUT OF AREA BENEFITS PPO: Covered at 100% Par: 70% Non Par: 70% after deductible	OUT OF AREA BENEFITS Coverage worldwide for emergency: \$200 co-pay (waived if admitted), 80% after deductible
SKILLED NURSING <i>Limited to 90 days per year</i> PPO: Covered at 90% after deductible Par: 70% after deductible Non Par: 70% after deductible	SKILLED NURSING <i>Limited to 90 days per year</i> PPO: Covered at 100% Par: 70% Non Par: 70% after deductible	SKILLED NURSING Inside Network: Covered with pre-authorization by Options Network as a cost-saving alternative to acute care hospitalization for up to 60 days Outside Network: 80% after deductible for up to 60 days
AMBULANCE Covered at 80% after deductible, any recognized provider	AMBULANCE Covered at 80% after deductible, any recognized provider;	AMBULANCE Inside Network: Covered at 80%; Options Network initiated non-emergency transfers covered in full Outside Network: 80% after deductible
X-RAY/LAB PPO: Covered at 90% after deductible* Non PPO: 70% after deductible <i>Mammograms covered</i> *LDL-C, HbA1C, urine microalbum labs covered at 100%, deductible waived for PPO *Spirometry testing covered for asthma and COPD at 100%, deductible waived for PPO The following imaging services have a \$100 co-pay in addition to co-insurance/deductible: Bone density study, Computer Tomography (CT) scan, Magnetic Resonance Imaging (MRI), Magnetic Resonance Angiogram (MRA), Position Emission Tomography (PET), & Single-Proton Emission Tomography (SPECT)	X-RAY/LAB PPO: Covered at 100% Par: 70% Non Par: 70% after deductible <i>Mammograms covered</i> The following imaging services have a \$100 co-pay in addition to co-insurance/deductible: Bone density study, Computer Tomography (CT) scan, Magnetic Resonance Imaging (MRI), Magnetic Resonance Angiogram (MRA), Position Emission Tomography (PET), & Single-Proton Emission Tomography (SPECT)	X-RAY/LAB Inside Network: Covered at 100% Outside Network: 80% after deductible <i>Mammograms covered</i>
RADIATION THERAPY PPO: Covered at 90% after deductible Non PPO: 70% after deductible	RADIATION THERAPY PPO: Covered at 100% Par: 70% Non Par: 70% after deductible	RADIATION THERAPY Inside Network: Covered at 100% inpatient; \$20 co-pay outpatient Outside Network: 80% after deductible inpatient; \$20 co-pay, 80% after deductible outpatient

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REHABILITATION THERAPY <i>Physician referral required</i> Inpatient: 32 days Outpatient/PPO: Covered at 90% after deductible Par: 70% to 55 visits per year after deductible Non Par: 70% to 55 visits per year after deductible	REHABILITATION THERAPY <i>Physician referral required</i> Inpatient: 32 days Outpatient/PPO: \$30 co-pay, covered at 100% to 55 visits a year Par: \$30 co-pay, 70% to 55 visits a year Non Par: 70% to 55 visits a year after deductible	REHABILITATION THERAPY Inpatient: Covered at 100% up to 60 days inside/outside network Outpatient: \$20 co-pay up to 60 visits/condition Outside Network: 80% after deductible
NEURODEVELOPMENTAL (TO AGE 7) <i>Physician referral required</i> <i>Limited to 36 visits per year</i> PPO: Covered at 90% after deductible Non PPO: 70% after deductible	NEURODEVELOPMENTAL (TO AGE 7) <i>Physician referral required</i> <i>Limited to 36 visits per year</i> PPO: \$30 co-pay, covered at 100% Par: \$30 co-pay, 70% Non Par: 70% after deductible	NEURODEVELOPMENTAL (TO AGE 7) See REHABILITATION THERAPY
MENTAL HEALTH CARE PPO: Covered at 90% after deductible Par: 90% after deductible Non Par: 70% after deductible	MENTAL HEALTH CARE PPO: \$30 co-pay, covered at 100% Par: \$30 co-pay, covered at 100% Non Par: 70% after deductible	MENTAL HEALTH CARE Inside Network: Inpatient: Covered in full Outpatient: \$20 co-pay, deductible applies Outside Network: Inpatient: Deductible and co-insurance applies Outpatient: \$20 co-pay, deductible and co-insurance applies
TREATMENT OF CHEMICAL DEPENDENCY PPO: Covered at 90% after deductible Par: 90% after deductible Non Par: 70% after deductible	TREATMENT OF CHEMICAL DEPENDENCY PPO: Covered at 100% Par: 100% Non Par: 70% after deductible	TREATMENT OF CHEMICAL DEPENDENCY Inside Network: Inpatient: Covered in full Outpatient: \$20 co-pay, deductible applies Outside Network: Inpatient: Deductible and co-insurance applies Outpatient: \$20 co-pay, deductible and co-insurance applies
HOME HEALTH CARE <i>Limited to 130 visits per calendar year</i> Covered at 90% after deductible, any recognized provider	HOME HEALTH CARE <i>Limited to 130 visits per calendar year</i> PPO: Covered at 100% Par: 70% Non Par: 70% after deductible	HOME HEALTH CARE Inside Network: Covered at 100% with pre-authorization; no visit limit Outside Network: 80% after deductible; no visit limits
HOSPICE CARE <i>Limited to 14 respite days per lifetime</i> Covered at 90% after deductible, any recognized provider	HOSPICE CARE <i>Limited to 14 respite days per lifetime</i> PPO: Covered at 100% Par: 70% Non Par: 70% after deductible	HOSPICE CARE Inside Network: Covered at 100% when provided and coordinated through Options Network approved hospice program Outside Network: 80% after deductible

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SPINAL MANIPULATIONS <i>Limited to 10 spinal manipulations per calendar year by a chiropractor or osteopath</i> PPO: Covered at 90% after deductible Par: 70% after deductible Non Par: 70% after deductible	SPINAL MANIPULATIONS <i>Limited to 10 spinal manipulations per calendar year by a chiropractor or osteopath</i> PPO: \$30 co-pay, covered at 100% Par: \$30 co-pay, 70% Non Par: 70% after deductible	SPINAL MANIPULATIONS Inside Network: \$20 co-pay, covered at 100% to 10 visits per calendar year Outside Network: \$20 co-pay, 80% up to 10 visits after deductible
PODIATRY PPO: Covered at 90% after deductible Par: 70% after deductible Non Par: 70% after deductible \$300 co-pay in addition to co-insurance and deductible for Hammer Toe and bunion surgery	PODIATRY PPO: \$30 co-pay, covered at 100% Par: \$30 co-pay, 70% Non Par: 70% after deductible \$300 co-pay in addition to co-insurance and deductible for Hammer Toe and bunion surgery	PODIATRY Inside Network: \$20 co-pay; covered at 100% Outside Network: 80% after deductible; when medically necessary
MATERNITY Covered as any other condition Pregnancies of dependent daughters are covered <i>First 21 days of newborn care covered</i>	MATERNITY Covered as any other condition Pregnancies of dependent daughters are covered <i>First 21 days of newborn care covered</i>	MATERNITY Inside Network: Covered at 100%; prenatal/postpartum care is covered subject to \$20 co-pay per outpatient visit Outside Network: 80% after deductible
CONTRACEPTIVE DEVICES AND DRUGS Covered at 100%	CONTRACEPTIVE DEVICES AND DRUGS Covered at 100%	CONTRACEPTIVE DEVICES AND DRUGS Covered at 100%
ELECTIVE STERILIZATION See OUTPATIENT SURGERY	ELECTIVE STERILIZATION See OUTPATIENT SURGERY	ELECTIVE STERILIZATION Inside Network: \$20 co-pay, covered at 100% Outside Network: 80% after deductible Women's sterilization procedures are covered in full
DURABLE MEDICAL EQUIPMENT PPO: Covered at 90% after deductible Par: 70% after deductible Non Par: 70% after deductible	DURABLE MEDICAL EQUIPMENT PPO: Covered at 100% Par: 70% Non Par: 70% after deductible	DURABLE MEDICAL EQUIPMENT Inside Network: Covered at 100% Outside Network: 100% after deductible
DURABLE MEDICAL SUPPLIES PPO: Covered at 80% after deductible Par: 80% after deductible Non Par: 80% after deductible	DURABLE MEDICAL SUPPLIES PPO: Covered at 80% Par: 80% Non Par: 80% after deductible	DURABLE MEDICAL SUPPLIES Inside Network: Covered at 100% Outside Network: 100% after deductible
TMJ PPO: Covered at 90% after deductible Par: 70% after deductible Non Par: 70% after deductible	TMJ PPO: Covered at 100% Par: 70% Non Par: 70% after deductible	TMJ Inside Network: Inpatient: Covered at 100% Outpatient: \$20 co-pay Outside Network: Inpatient: 80% after deductible Outpatient: \$20 co-pay, 80% after deductible

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TRANSPLANT PPO: Covered at 90% after deductible with no lifetime max; requires pre-authorization by plan and 12 month waiting period (time credit available) Par: 70% with no lifetime max; requires pre-authorization by plan and 12 month waiting period (time credit available) Non Par: 70% with no lifetime max; requires pre-authorization by plan and 12 month waiting period (time credit available)	TRANSPLANT PPO: Covered at 100% with no lifetime max; requires pre-authorization by plan and 12 month waiting period (time credit available) Par: 70% with no lifetime max; requires pre-authorization by plan and 12 month waiting period (time credit available) Non Par: 70% with no lifetime max; requires pre-authorization by plan and 12 month waiting period (time credit available)	TRANSPLANT No lifetime maximum; requires pre-authorization by plan; no waiting period Inside Network: Inpatient: Covered at 100% Outpatient: \$20 co-pay Outside Network: Inpatient: 80% after deductible Outpatient: \$20 co-pay, 80% after deductible
OUTPATIENT PRESCRIPTION DRUGS 30 day retail supply / 90 day mail order supply \$10 co-pay generic / \$20 co-pay generic \$20 brand formulary / \$40 brand formulary \$30 non formulary / \$60 non formulary Some generic medications for asthma, diabetes, coronary heart disease (CAD), chronic obstructive pulmonary disease (COPD), Coronary Heart Failure (CHF), and depression have no co-pay. Some brand formulary insulin and diabetic supplies also have no co-pay. Please see "Value Plus Medication List" for more information.	OUTPATIENT PRESCRIPTION DRUGS 30 day retail supply / 90 day mail order supply \$10 co-pay generic / \$20 co-pay generic \$20 brand formulary / \$40 brand formulary \$30 non formulary / \$60 non formulary	OUTPATIENT PRESCRIPTION DRUGS Inside Network: \$15 co-pay up to 30 day supply; mail order \$5 discount per 30 day supply Outside Network: you pay 20% generic cost unless brand name is medically necessary or \$20 co-pay, whichever is greater; must use a Med-Impact pharmacy; mail order not available
MONTHLY RATES Employee Only: \$5 Employee & Spouse/Partner: \$20 Employee & Child(ren): \$8 Employee & Family: \$24	MONTHLY RATES Employee Only: \$10 Employee & Spouse/Partner: \$39 Employee & Child(ren): \$17 Employee & Family: \$46	MONTHLY RATES Employee Only: \$0 Employee & Spouse/Partner: \$0 Employee & Child(ren): \$0 Employee & Family: \$0

Rates apply to employees working 35+ hours per week. Employees working less than 35 hours per week will be offered benefits with pro-rated premiums.